

Fall 2010

BODY TRANSFORMATION – Class Testimonials

- ★ The body transformation class is high intensity in a fairly short period of time. Steve also sandwiches easier exercises between more difficult ones so you can catch your breath. The biggest change I noticed is that my arms have firmed up--less flapping and more muscle.
- ★ I loved the class! I definitely feel more fit. I think I lost 2 lbs (not bad considering I usually start putting on a few at this time of year with the extra stress of school, poor weather, and shorter days!) Hoping to keep up the workout routine until the next time I can take the class from you.
- ★ I really enjoyed this class. The flexibility to “make-up” sessions is nice. Having the videos that follow along really help you keep up with the group.
- ★ I like the videos because they offer different types of workouts and you have flexibility in the workout's you choose.
- ★ I plan on continuing to work out with the videos you provide in the classroom. The classes have helped me **firm** up areas that were not so firm. ☺ My chicken arms are gone and I can open my own bottle of soda ☺ !
- ★ Over the course of this class I have bought my own kettle bell, worked out at home, purchased a DVD workout, lost a few pounds, and I have come to recognize how great I feel after working out.
- ★ After going through the body transformation class I feel a lot stronger and energetic. I can also see more muscle definition and yes, even though that was not my goal, I have lost weight. The class was a lot of fun and a great way to jump start a work-out routine. Can't wait for my next session to start...in the mean time, I'm hoping to join the ABC's class.
- ★ Well, I think my body has become a little ‘firmer’ overall – now there's some tone to the flab ☺ ... I think I also noticed that my arms and upper body in general have become ‘stronger’ – meaning I was able to progress to a heavier kettle bell and then towards the end of the class be able to increase the number of reps like everyone else.
- ★ I'm not sure if and what effect the Body Transformation class did have in this – my husband and I ride our bikes with a group of other guys every so often. On this one ride we did recently, we managed to (towards the end of the ride) not just keep up with everybody else on a climb, but we actually were able to put some distance between us and them. As this is nothing special for my husband (he does it by sheer will power it seems ☺), I was surprised to be able to keep up that increased pace....
- ★ I completed one session of Body Transformation and enjoyed it very much. Although I was usually only able to make it once per week due to my work schedule, I saw the benefits – both in my energy level and change in muscle mass.

★ Steve was a motivating instructor and I will look forward to taking more classes in the future at the Wellness Center.

★ After eight rigorous weeks of workouts, my pants are looser and I feel like I'm ready to get back into shape. You are such a great teacher/leader Steve. You sweat with us, inspire us, and keep us motivated! Great class.

★ I noticed my other cardio exercises were easier and, more importantly, the quad work we did in the class seemed to have strengthened the muscles around my damaged knees and I haven't had trouble with them while working out (or simply walking) since about week 4 of the class.

★ Thanks again and let me know when the next opening might be!

★ Sorry to miss the last night of Body Transformation. Just wanted to let you know that I went for my first hike, about 2-1/2 miles, since my accident in Nov. of 2008 and it felt SO GREAT!! I felt strong and stable and my endurance was great. I could have kept going. The BT and Yoga together has been a great combination for me. I want to thank you for these classes.

★ I feel like a loser doing the Body Transformation class. Hey! I'm losing my beer belly (or love handles)!!! But at the same time I am getting leaner and fit.

★ This is one class you shouldn't miss out on. A great exercise program, highly enthusiastic participants and a great instructor.

★ Doing this workout with high energy music and a great group of people helped me push myself and made for a very enjoyable class. Starting the class I didn't know if I could keep up but I am so happy I stuck with it. I feel stronger, and braver about trying new classes.